



Grilled Flank Steaks with Rosemary-Balsamic Glaze

 Gluten Free  Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb flank steak
- 0.3 cup balsamic vinegar
- 2 tablespoons brown sugar packed
- 1 tablespoon rosemary dried fresh chopped
- 3 cloves garlic finely chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper

- 0.5 cup beef broth reduced-sodium
- 2 teaspoons cornstarch

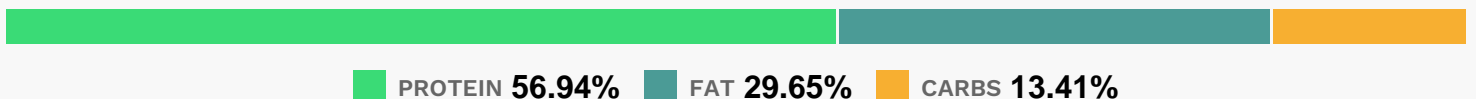
Equipment

- bowl
- sauce pan
- grill
- cutting board

Directions

- Trim fat from beef. Make cuts about 1/2 inch apart and 1/8 inch deep in diamond pattern on both sides of beef.
- Place in shallow glass dish. In small bowl, mix vinegar, brown sugar, rosemary, garlic, salt and pepper; pour evenly over beef. Cover; refrigerate at least 4 hours but no longer than 24 hours, turning occasionally.
- Heat gas or charcoal grill. Carefully brush grill rack with canola oil.
- Remove beef from marinade; reserve marinade.
- Place beef on grill over medium heat. Cover grill; cook about 12 minutes for medium doneness, turning after 6 minutes.
- Meanwhile, in 1-quart saucepan, heat reserved marinade to boiling over medium-high heat. Boil 3 to 4 minutes or until reduced by half. In small bowl, mix broth and cornstarch; stir broth mixture into marinade. Cook about 2 minutes, stirring occasionally, until thickened.
- Place beef on cutting board; cut diagonally into thin slices.
- Place slices on serving platter. Spoon sauce over beef.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.06, Inflammation Score:-2, Nutrition Score:11.318260969675%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 181.77kcal (9.09%), Fat: 5.72g (8.8%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.51g (5.01%), Cholesterol: 68.04mg (22.68%), Sodium: 236.61mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.41%), Selenium: 33.68µg (48.11%), Vitamin B3: 7.08mg (35.38%), Vitamin B6: 0.71mg (35.3%), Zinc: 4.38mg (29.17%), Phosphorus: 233.36mg (23.34%), Vitamin B12: 1.03µg (17.2%), Potassium: 441.18mg (12.61%), Iron: 1.95mg (10.85%), Vitamin B2: 0.13mg (7.82%), Vitamin B5: 0.73mg (7.27%), Magnesium: 27.56mg (6.89%), Vitamin B1: 0.09mg (5.69%), Copper: 0.09mg (4.69%), Folate: 15.59µg (3.9%), Calcium: 35.06mg (3.51%), Manganese: 0.07mg (3.42%), Vitamin E: 0.33mg (2.21%), Vitamin K: 1.58µg (1.51%)